

LOS ANGELES

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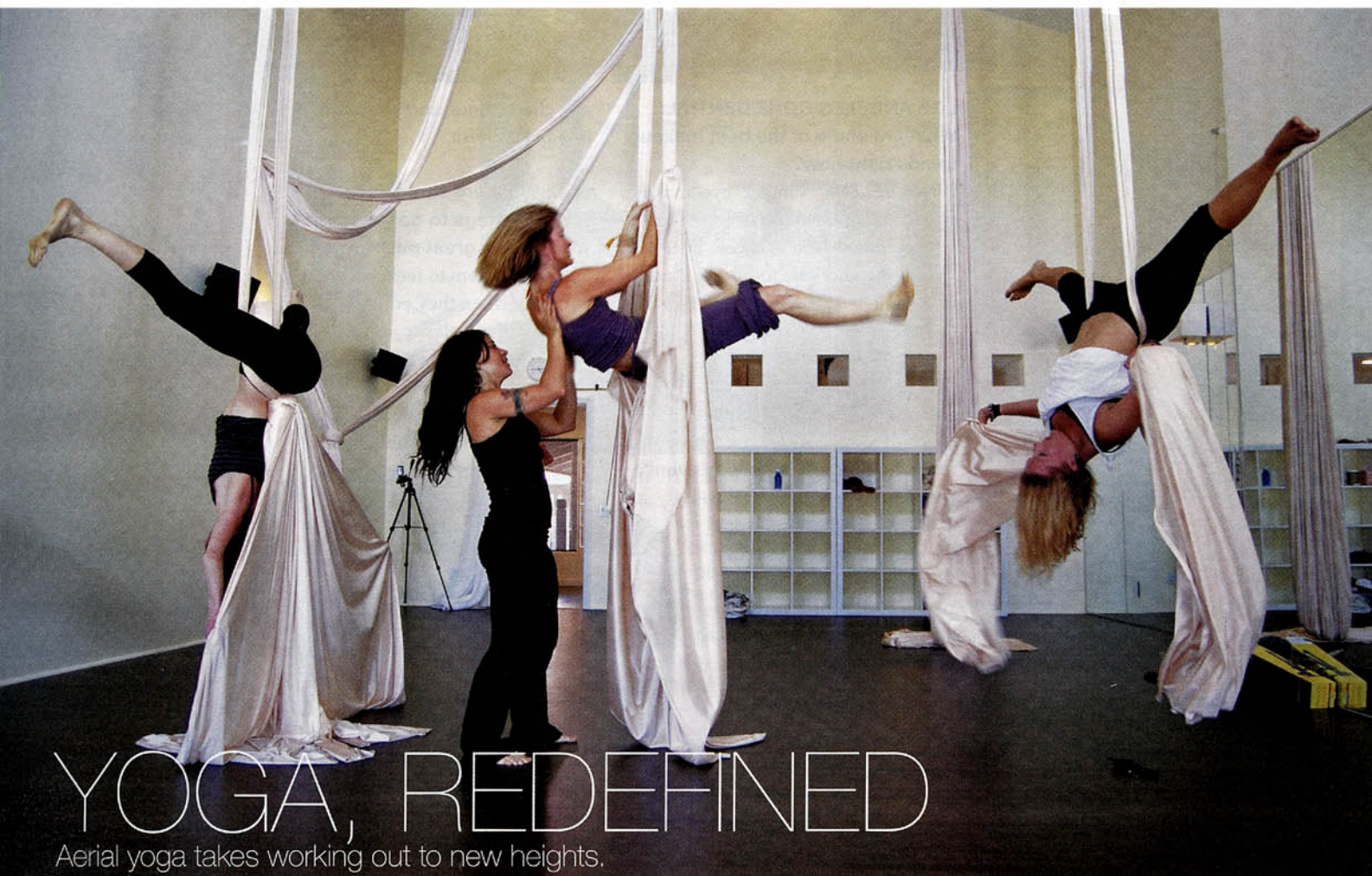
THE HOLLYWOOD

CHRISTINA AGUILERA

THE SUPERSTAR SIZZLES
ON THE BIG SCREEN



BELLA THORNE, MICHAEL PITT, KIRK DOUGLAS,
SHIVA ROSE, MINDY WEISS, YOSSI DINA



YOGA, REDEFINED

Aerial yoga takes working out to new heights.

AN ARTFUL ALTERNATIVE to classic yoga, aerial yoga marries traditional Vinyasa flow with Cirque du Soleil-style acrobatics. Opened this summer in the Malibu Country Mart, 5 Point Yoga (the five points are mental wellness, physical fitness, nutrition, community and environment) offers a 90-minute aerial yoga routine that is as challenging as it is fun.

The class is held in a large, airy room filled with natural light. Soft New Age music is the sound track, creating a peaceful, serene setting in which to practice. Equipped with more than 10 years of aerial experience, instructor Alicia Marie Schultze leads her small class (maximum capacity is eight people) through a series of stretches, fluid yoga poses and core exercises to warm the body in preparation for the acrobatics.

The second part of the class is purely aerial. Schultze says the practice “isn’t just a learning of the moves but a learning of the body.” Long silks cascading down from the cathedral-like ceiling serve as anchors for the routine. Schultze takes the class through various sequences, including the most basic—climbing the silks (think climbing ropes in gym class, but more graceful)—and each student is given personalized attention based on skill level (note: a two-year minimum of intense yoga practice is recommended).

Primarily a core and upper body workout (your arms and back will be sore in places you never knew existed), the class provides an exhilarating feeling of empowerment from completing an aerial series. “It gives people the opportunity to get

off the ground and experience a whole new way of being in their body,” says 5 Point Yoga owner Ted McDonald. “You get a workout, but you also get an experience you won’t get in any other exercise class.”—MICHELLE WARD



What's Up, Doc?

Checking in with liposuction expert Dr. David Amron

IF LIPOSUCTION SURGERY can be considered an art, then Dr. David Amron is Michelangelo. Co-owner of the Spalding Drive Cosmetic Surgery in Beverly Hills, Dr. Amron is renowned for his approach toward liposuction and the results he achieves. We caught up with the doctor to clear up some of the misconceptions about liposuction and learn about the latest progressions in the world of plastic surgery.—PAIGE LAWLER

LOS ANGELES CONFIDENTIAL: Is there an ideal age to get liposuction?

DR. DAVID AMRON: I generally say that once disproportion is defined, the earlier the better. As we age, our skin elasticity decreases, and the surgeon needs to be less aggressive in the removal of fat and have more respect for the reduced elasticity. With better elasticity, the surgeon can be more complete in his removal.

LAC: Your patients traditionally have been women. Why are more men now gravitating towards liposuction?

DA: Currently about 20 to 25 percent of my liposculpture practice is men. It is becoming more accepted to do smaller things to look better. The common areas for men are the flanks (love handles),

abdomen, chest and neck.

LAC: There has been a lot of buzz lately about the fat-fighting treatment Zeltiq. Can you tell us more about it?

DA: It nonsurgically targets and eliminates localized deposits of fat by selectively freezing fat cells.

It can result in approximately a 20 percent reduction in the fat layer. It's noninvasive and virtually pain-free.

LAC: What advice do you normally give prospective patients?

DA: I encourage the patient to be as educated as possible. One of my mottos is the more you understand and take the time to learn, the greater the chances of making the right decision and getting a great result.